

# 2016 WATER FITNESS SCHEDULE: April 1 - June 4 at Dublin Recreation Center

All classes require either a Water Fitness pass, or single pass. *Classes denoted with a (\*) means the class takes place in deep water.*  
*Classes take place in either the leisure pool or lap pool*

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30-9:20a						Boost! - Merle Lap Pool
8:00-8:50a	Early bird Strength & Tone - Donna Gl Leisure Pool	*Do you have a pulse? - Christiane Lap Pool	Early bird Strength & Tone - Donna Gl Leisure Pool	*Do you have a pulse? - Christiane Lap Pool	Aquatic Kicks - Donna Gl Leisure Pool	
9:00-9:50a	Aquatic Mix Up - Donna Gl Leisure Pool	Move it and Lose it! - Christiane Lap Pool	Aquatic Mix Up - Donna Gl Leisure Pool	Move it and Lose it! - Christiane Lap Pool	Aquatic Mix Up - Donna Gl Leisure Pool	
	*White Water Work Out - Barb Lap Pool		*White Water Work Out - Barb Lap Pool		*White Water Work Out - Barb Lap Pool	
9:30-10:20a						*Total Workout / Zero Impact - Merle Lap Pool
10:00-10:50a	Shallow Water Shake Down - Barb Lap Pool		Shallow Water Shake Down - Barb Lap Pool		Shallow Water Shake Down - Barb Lap Pool	
11:00-11:50a	Arthritis Foundation Program - Nicole Leisure Pool	Arthritis Foundation Program - Barb Leisure Pool	Arthritis Foundation Program - Nicole Leisure Pool	Arthritis Foundation Program - Barb Leisure Pool	Arthritis Foundation Program - Nicole Leisure Pool	
3:30-4:20p		Happy Hour Water Aerobics - Merle Leisure Pool		Happy Hour Water Aerobics - Merle Leisure Pool		
6:00-6:50p	River Challenge Leisure Pool		River Challenge Leisure Pool			
	Kickboxing - Virginia Lap Pool		Balls, Bells, Boards, & Noodles - Virginia Lap Pool			
7:00-7:50p		*Deep Water Warriors - Judy Lap Pool				